Hello Parents and Swimmers,

Thank you to Linda Pan and Misty Rivera for volunteering to be the parent reps for Age Group 1. I appreciate you.

Consistency is the key for success! Attendance has been pretty good since I have been at FCST but I wanted to take a moment and share my thoughts on why it’s important. This is the time of the season where we are very focused on change. Change is challenging for everyone but is also extremely important for growth and progress. The kids are getting to know me, my terminology, my expectations and how I want them to think and train at practice. We will be very focused on feel and awareness. Does this feel different, how does feel different and how does this benefit me (must find value in the change before they are willing to work on it long enough to make it a habit)? This process can take anywhere from 3-8+ weeks to make it a habit. The more they show up and focus, the faster they will be able to race with the change and then we can take the next step.

DRY LAND:

Reminder: Shorts or track pants, tee-shirt (jacket if needed), running shoes and a hydrating fluid of your choice-recommend electrolyte water. I will not let them participate if they don’t have proper attire-especially shoes.

We will be doing activities and exercises that are fun and help our kids become better athletes. The more athletic a person is, the more body awareness the individual usually has. This is really important for what we are trying to accomplish in the water.

PS-I am not saying the kids are not athletes, I am merely saying better athletes.

EQUIPMENT:

**WATER-we still have kids showing up without water. 10% dehydration and the ability to focus and sustain the physical effort required to get better is dramatically decreased. They need to get in the habit of hydrating now before the heat really hits and before they get to a group that will challenge them more physically. THIS IS EXTREMELY IMPORTANT, It’s a safety issue!**

Please make sure your swimmer has all the proper equipment. These are all very important for what I am going to ask them to do.

Kickboard-kicking is going to be the biggest source of aerobic conditioning at first but will continue to be important throughout the season.

Tritan long fins-allows the kids to feel what I am asking them to do feel without getting as tired-huge for awareness and feel.

Pull buoy-helps with awareness with breast kick, pulling and core connection.

SNORKEL-allows the kids to see what they’re doing and not just feel. The more senses you can tap into the better chance of making a change that lasts. WE USE THIS A LOT

PRACTICE:

This week we are continuing to develop our awareness, our ability to focus on being in the moment (what we are doing and how we are doing it) and starting to kick more to help build our endurance. We will continue to learn how I want things to be done in and out of the water. The goal is to get them to train correctly. This means with proper technique and skill set (flip turns, pull outs, streamline, undulating-knee lead dolphin kicks, flutter to surface, swim on 2, open turns and breakouts) NOT EASY so we will take it slow and as I see the kids progress, we will move to the next step. Long term development is a marathon, not a sprint.

Please continue to:

Ask your athlete(s) what they felt at practice. Did they learn anything new? Did they feel something different than normal? Coach Myka and I will be asking them daily and the more we do this, the goal is the more they will start to feel-be in the moment. Coach Myka and I appreciate your assistance.

UPDATE ON PRACTICE SCHEDULE: Saturday’s will be from 7:45 am to 9:30 am.

[Click Here](https://www.teamunify.com/team/gsfcst/page/competitive-group-pages/fc-age-group) to find the Age Group 1 practice schedule.

**FCST Team Newsletter**[**: CLICK HERE** for](https://www.teamunify.com/team/gsfcst/page/news/328904/fcst-newsletter---mar-21) the team newsletter. We will continue to attach the team newsletter to the group emails. Please review for team wide information.